

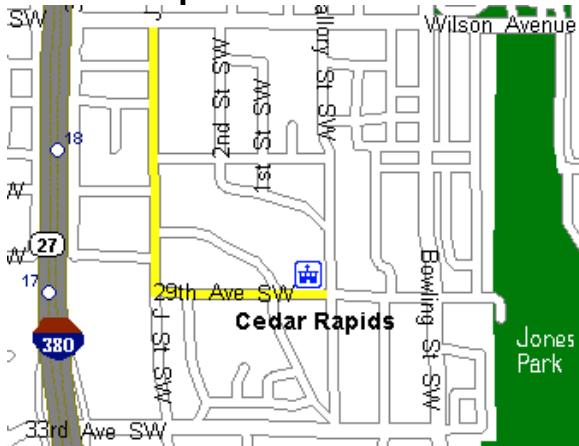


Hus Presbyterian Church

2808 Schaeffer Drive SW
Cedar Rapids, IA 52404

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Shining the light! *Matthew 5:16*

Hus Presbyterian Church

www.huschurch.org

Hus Happenings

Congregational Meeting



January 28th in Fellowship Hall

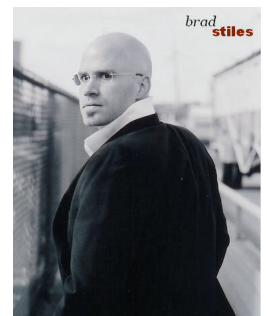
- 5:00 PM- Visit exhibits and discuss reports
- 6:00 PM- Supper
- 6:30 PM- Singing
- 6:45 PM- Ordination and Installation of Elders, Deacons and Trustees
- 6:50 PM- Featured Speaker
- 7:15 PM- Adjournment



Join the Worship Team at Mission of Hope on Saturday, January 13th at 6:30 PM.






Special Musical Guest:
Brad Stiles
December 31st
during 9:30 AM
Worship service



January

- For those wanting to explore basic Christianity, ALPHA is coming, January 29th.
- Table Talks begin on February 11th for those who enjoy discussing theological issues.

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1  A New Year Begins	2 Quilters - 8:30 AM Bible Study – 1:30 PM SW Area Neighbors meeting - 6:30 PM at Wilson School Trustee's Meeting- 7 PM	3 H.S. Bible Study at Marion HS - 7:30 AM Youth Group Movie Night - 5:15 PM Meal- 5:15 PM Choir- 7 PM Worship Team- 8 PM	4 Prayer Warriors- 12:30 PM H.S. Bible Study at Panera Bread - 5:30 PM Women's Bible Study at the Page's – 7 PM	5 Breakfast Club at Prairie Middle School - 7:30 AM	6
7 Worship Service - 9:30 AM Sunday School – 11 AM Confirmation - 2 PM	8 Youth Ministry Prayer - 7 PM Mission trip planning meeting for parents – 7:30 PM	9 Quilters - 8:30 AM Bible Study – 1:30 PM Deacon's Meeting- 6:30 PM	10 H.S. Bible Study at Marion HS - 7:30 AM Meal- 5:15 PM Youth Group-5:45 PM Choir- 6:45 PM Worship Team- 8 PM	11 Prayer Warriors- 12:30 PM H.S. Bible Study at Panera Bread - 5:30 PM Women's Bible Study at the Page's – 7 PM	12 Breakfast Club at Prairie Middle School - 7:30 AM	13 WOW at Mission of Hope- 6:30 PM
14 Worship Service - 9:30 AM Sunday School – 11 AM	15 Youth Ministry Prayer - 7 PM Reports due in office for Annual Report	16 Quilters - 8:30 AM Bible Study – 1:30 PM Session Meeting- 7 PM	17 H.S. Bible Study at Marion HS - 7:30 AM Meal- 5:15 PM Youth Group-5:45 PM Choir- 6:45 PM Worship Team- 8 PM	18 Prayer Warriors- 12:30 PM H.S. Bible Study at Panera Bread - 5:30 PM Women's Bible Study at the Page's – 7 PM	19 Breakfast Club at Prairie Middle School - 7:30 AM	20 Alpha Training- 10:00 AM in Fellowship Hall
21 Worship Service - 9:30 AM Sunday School – 11 AM Confirmation - 2 PM	22 Youth Ministry Prayer - 7 PM	23 Men's Breakfast- 7:30 AM Quilters - 8:30 AM Bible Study – 1:30 PM Skillet at 1 st Assembly of God- 7 PM	24 H.S. Bible Study at Marion HS - 7:30 AM Meal- 5:15 PM Youth Group-5:45 PM Choir- 6:45 PM Worship Team- 8 PM	25 Lunch Bunch- 11:30 AM H.S. Bible Study at Panera Bread - 5:30 PM Women's Bible Study at the Page's – 7 PM	26 Breakfast Club at Prairie Middle School - 7:30 AM	27
28 Worship Service - 9:30 AM Sunday School – 11 AM Congregational Meeting- 5:00 PM in Fellowship Hall	29 ALPHA – 6:15 PM Youth Ministry Prayer - 7 PM	30 Life Line Screening Quilters - 8:30 AM Bible Study – 1:30 PM	31 H.S. Bible Study at Marion HS - 7:30 AM Meal- 5:15 PM Youth Group-5:45 PM Choir- 6:45 PM Worship Team- 8 PM			

Happy New Year ♡ Happy New Year ♡ Happy New Year

Springs and Palm Trees

There is a curious little description of one of the resting points for the Israelites just after they had left Egypt. According to Exodus 15:27, the people being led by Moses came to a place called Elim, where there were “twelve springs and seventy palm trees.” Now, why mention the landscaping characteristics of Elim? The listing of such details is not usual practice in the book of Exodus.

I think the key to understanding the significance of the springs and palm trees is in what has just happened with the Israelites. They have just escaped the Egyptian army through God’s miraculous intervention in dividing the Red Sea, and they have just had a big fight amongst themselves regarding the difficulties they are facing in the desert. They are tired, they are upset, they are trying to figure out what to do next, and they are doing the best they can to trust Moses and understand the vision God has given him to share with the people.

When we all find ourselves in wearing and uncomfortable situations, it is nice to find a place to get our bearings, get some rest, and in doing this get a better perspective on things. This is what God is doing for the Israelites! He is bringing them to a place of refreshment and rest; a place where they can reflect on what has happened, what is happening, and get ready for the challenges coming up.

It is my sense that this is what we have just experienced over this last year at Hus Church. When we look at the momentous transformation of our church, and remind ourselves of the incredibly daring decisions we have made as a body of Christ together, it seems God has given us some time to reflect on where we are in our journey of faithfulness. We have had some time to become refreshed as we catch our breath from all the excitement and energy of the past several years. I also think this past year has enabled us to gain some much needed perspective on where we are going from here, which will be absolutely crucial for enabling us to face the challenges that are coming the next couple of years.

So, it has been nice this past year, and we’ve all enjoyed the shade of the “trees” and the refreshment of the “springs.” But, we aren’t staying here, for it is time to move on. We are facing some big challenges with some big changes in the next year, but God has given us a gift of rest. Rest is good, but if we stay resting, we will lose the strength we have gained. After all, the strength is not for staying put, but for continuing the journey. So, come on, we’ve got some ground to cover and some giants to defeat. But remember, only as we move out and onward will we get to enjoy more places of refreshment along the way.

In Christ’s Peace,

Will

ALPHA IS COMING!

A 10 week course inviting people to explore the basics of Christianity in an affirming and welcoming environment.

BE WATCHING FOR MORE DETAILS IN JANUARY!

JANUARY



Birthdays

2	Denise Cisler
3	Agnes Gilbert
	Matthew MacDougall
4	Craig Wenger
	Cathi Bean
5	Mac McLaskey
6	Ronald Cisler
7	Marcy Page
10	Janet Ransom
11	Milton Polehna
12	Evelyn Hagan
15	Doug MacDougall
16	Merlyn Hite
	Sue Roth
17	Gary Stejskal
18	Cindy Page
27	Adam Currie
	Mike Hebert, Jr.
	James Hutton
28	Alan Tichy
30	Phil Nejd
31	Margery Secl
	Truman Wilkin

Martin Luther said, "Since it is God's nature to make something out of nothing, we must become nothing before God can make something out of us."



8	Carl & Mary Landergott	57
8	George & Marie Swenka	65
29	Gary & Glenda Stejskal	30

Check us out online!

If you have access to a computer, go to
www.huschurch.org

Transportation for January,
please, contact Karla Zahradnik
at 396-5512 before Sunday morning.

What are the Grown-ups doing?

A Sunday school teacher was teaching a group of youngsters about the Israelites in the Old Testament. She kept referring to the Jews as the "children of Israel."

A little girl interrupted her, wanting permission to ask a question.

"Certainly," the teacher responded.

"Well," the child said, "you keep talking about the children of Israel. The children of Israel crossed the Red Sea. The children of Israel built the temple. The children of Israel did this and did that. Didn't the grown-ups ever do anything?"

Questions: What are we grown-ups doing to show that we are faithful children of God today? What is our mission? What is our calling? What does the Lord require of us to prove that we are God's loving and serving children today?

SPECIAL MUSICAL GUEST - BRAD STILES

December 31st, 9:30 AM Service



Brad has been singing ever since he was a child. As a boy he grew up around music, singing at church functions and in all of his school plays. He really began to love and appreciate music when he was in High School. It was here that Brad's voice developed into what you know today. Brad fell in love with performing and entertaining while in school. He's performed in front of thousands, from singing in the Iowa All-State Honor Choir at Hilton Coliseum, Ames, IA, to singing solo's in major venue's like "The Kennedy Center for the Performing Arts" and "Constitution Hall" in our nation's capital, Washington D.C.

Brad has performed in many concerts and graced the stage with many artists. He sang a duet with Hosanna Integrity's renowned Christian recording artist, Alvin Slaughter, in two of his concerts, as well as singing in select music conventions all across the country.

Although Brad's heart truly is to minister in concert, he's been leading worship for over ten years. Brad has had the privilege to help facilitate worship for services and conferences all over the Midwest.

Brad attended Kirkwood Community College in Cedar Rapids, IA, studying music theory.

Wherever you find Brad, you are sure to find a heart for the Lord, and a wonderful, passionate, God given talent.

MISSION STATEMENT: To deliver the message of grace through contemporary Christian music.

HEART OF THE ARTIST: To see the message of grace touch peoples lives while ministering in song.

HEART OF THE MINISTRY: To see the Lord change people from the common misconceptions about who He is and how He views us, His children. To bring forth God's heart in worship services, contemporary concerts and solo appearances, with the message of grace, to release the church into a true understanding that we are no longer cast down. Rather, we are declared free by Him who saved us at the cross.

Officers for class of 2007 – 2008 - 2009

Session

2007	2008	2009
Judy McLaskey	Dolores Miessner	Doug Page
Mike Hebert	Ann McDill <i>(to finish Terry Van Wyk's term)</i>	Marcia Funcke
Bonnie Tichy	Joyce McGivern	Jean White

Deacons

2007	2008	2009
Sheryl Abbott	Wendy Barton	Jim Hutton
Karla Zahradnik	Amanda Trotman	Melissa Pierce
Ruby Klein	Grace Ford	Vacant
Joanne Hebert	Anita Koopman	Vacant

Trustees

2007	2008	2009
Alan Tichy	Don McDill	Eldie Svoboda
Clarence Walton	Vince Theiss	Dot Harrelson
Jack Funcke	Vacant	Mitchell Trotman

Rotational Sunday School

Exploring God's World

The Prodigal Son

Rotational Sunday School will start the spring rotation studying the story of the Prodigal son.

Like so many impatient people today, the younger son wanted to be free of parental restraints and have his father's inheritance.

After losing it all, he comes to his senses, and realizes how good his "former" life was. He resolves to go home and confess his unworthiness to be called his

father's son. His father welcomes him home with compassion and love. The father symbolizes our Heavenly Father who loves His children, even when we turn away from Him.

When we stray, God's heart yearns for us to return. We have all sinned or been disobedient to God, but He doesn't hold grudges against us. God lets us make our own way until we make the decision to turn to Him. The key memory verse for this lessons is

Luke 15:32 *"But we had to celebrate and be happy, because your brother was dead, but now he is alive; he was lost but now he has been found."*

Youth in 7th Grade through High School will meet in the Youth Room for Sunday School with Marcia, Terry and Diane.

The Stations:

**Imagination Island:
Creative Art**

**Bible Broadway:
Drama**

**Movies on the Mount:
Video**

**SCRIPTURE SAFARI:
Bible Exploration**

**Polar P.C.:
Computers**

The Rotation Model redesigns the classrooms into creative kid-pleasing workshops (stations) that teach Bible stories. Groups of students rotate to new stations each week for a 5 week "rotation" period. During that 5 week period *only one* Bible story is taught. Every rotation, every week is focused on learning that one Bible story.

Looking ahead:
Another page in the newsletter tells the complete rotation schedule and lessons for the spring.

Where will my Child be each week?

Meet at 11am in Fellowship Hall

1/7: PreSchool through 3rd Graders - Scripture Safari
4th-6th Graders - Imagination Island

1/14: PreSchool through 3rd Graders - Polar P.C.
4th-6th Graders - Scripture Safari

1/21: PreSchool through 3rd Graders - Bible Broadway
4th-6th Graders - Polar P.C.

1/28: PreSchool through 3rd Graders - Movies on the Mount
4th-6th Graders - Bible Broadway

2/4: PreSchool through 3rd Graders - Imagination Island
4th-6th Graders - Movies on the Mount

Prodigal Son:

Jan. 7, 2007	4th-6th	Preschool-3rd			
Jan. 14, 2007		4th-6th	Preschool-3rd		
Jan. 21, 2007			4th-6th	Preschool-3rd	
Jan. 28, 2007				4th-6th	Preschool-3rd
Feb. 4, 2007	Preschool-3rd				4th-6th

Feeding 5000:

Feb. 11, 2007		4th-6th	Preschool-3rd		
Feb. 18, 2007			4th-6th	Preschool-3rd	
Feb. 25, 2007				4th-6th	Preschool-3rd
Mar. 4, 2007	Preschool-3rd				4th-6th
Mar. 11, 2007	4th-6th	Preschool-3rd			

Names
of Jesus:

Mar. 18, 2007			4th-6th	Preschool-3rd	
Mar. 25, 2007				4th-6th	Preschool-3rd
Ap. 1, 2007	Preschool-3rd				4th-6th
Ap. 15, 2007	4th-6th	Preschool-3rd			
Ap. 22, 2007		4th-6th	Preschool-3rd		

(off on April 8 for Easter)

Peter & John
Heal the man:

Ap. 29, 2007				4th-6th	Preschool-3rd
May 06, 2007	Preschool-3rd				4th-6th
May 13, 2007	4th-6th	Preschool-3rd			
May 20, 2007		4th-6th	Preschool-3rd		
June 3, 2007			4th-6th	Preschool-3rd	

(off on May 27 for Memorial Day)

Imagination Island Scripture Safari Polar P.C. Bible Broadway Movies on the Mount



Believing On Our Master

January 2007



Hi All,

Art Linkletter had a television show many years ago called "Kids Say The Darnedest Things" that I loved watching (in reruns – I'm not that old). The kids that were on the show said some of the funniest things and I was so happy when Bill Cosby revived the show. What is not funny is a quote from a fourteen year old student in the Chicago Tribune who said, "In a way it's a good thing adults don't know much about teens. If they knew all about us, they'd puke." So, as parents, how much do we know about our kids?

1. When was the last time that you sat down as a family for a meal at home?
2. When was the last time you did something together as a family, not counting holidays?
3. What is your son(s)/daughter(s) favorite color?
4. Do you pray with your son(s)/daughter(s)?
5. Do you pray for your son(s)/daughter(s)?

Although I could take up the entire newsletter with questions, I just wanted to make a point. How many of us are involved in our children's lives? How many of us are involved in our children's spiritual lives? Many times as parents we think that it is the job of a youth pastor to take care of the spiritual lives of our children. The problem is I only have your kids for an hour or two a week if I am lucky. You as parents on the other have much more time with your kids. So what does this mean? It means I want you to partner with me in getting more involved in your children's spiritual lives.

Deuteronomy 6:1-9 tells us who is responsible for teaching children (emphasis added is mine):

¹These are the commands, rules, and laws that the Lord your God told me to teach you to obey in the land you are crossing the Jordan River to take. ²You, your children, and your grandchildren must respect the Lord your God as long as you live. Obey all his rules and commands I give you so that you will live a long time. ³Listen, Israel, and carefully obey these laws. Then all will go well for you, and you will become a great nation in a fertile land, just as the Lord, the God of your ancestors, has promised you.

⁴Listen, people of Israel! The Lord our God is the only Lord. ⁵Love the Lord your God with all your heart, all your soul, and all your strength. ⁶Always remember these commands I give you today. ⁷**Teach them to your children, and talk about them when you sit at home and walk along the road, when you lie down and when you get up.** ⁸Write them down and tie them to your hands as a sign. Tie them on your forehead to remind you, ⁹and write them on your doors and gates.

In this passage God has commanded us to teach His commands to our children. Where do we start? We start by meeting and discussing what we can do to help one another. I will be sending out a mailing to the parents with more information in the coming weeks. Each parent who has at least one child eligible for this summer's youth mission trip should have already received a letter about a mission trip planning meeting on January 8, 2007 at 7:30 PM. If you have not yet done so, please RSVP as soon as possible so I can have the appropriate material available for everyone as I have gathered a lot of information about different companies that facilitate mission trips. This meeting is for parents to help decide which company we will use, where we are going, who is going, what we are going to do for fundraising, etc. I want the parents to have a voice in what is going on in the ministry at the church, not just at home.

The following quotes are from a book that I am reading:

It is common wisdom to suggest that churches lose a great many of their youth to non-affiliation during their college years. Studies have shown, however, that the greatest share of disaffiliation among youth occurs before college, and it is related to how important religion is to the parents [and] the amount of love and affection given a child (i.e., more love associated with a greater tendency to affiliate). *Milton Coalter, Presbyterian Church (USA) General Assembly Report of the Task Force on Membership*

Nothing has more power to influence a teenager's life—for good or ill—than home and family. Every youth ministry hour spent equipping parents to nurture faith in their teenagers is like giving money to public television: your gift is almost always doubled by a matching grant. Parents will always out-influence even a great youth leader, so it makes sense to invest where you'll get the best return. *Rick Lawrence, Trendwatch*

Statistically, no other parents in the industrialized world spend less time with their children than American fathers and mothers. According to the Wall Street Journal, American parents spend, on average, "less than 15 minutes a week in serious discussion with their children." *Dennis Rainey, Family Reformation*

Is it important for you to be involved in the life of your children? It is imperative. By the way, my answers to those five questions at the beginning are; last night, yesterday afternoon we played UNO, pink and purple, at every meal, everyday. God Bless!

Because of Him,

Terry

¹³ Wise children take their parents advice, but whoever makes fun of wisdom won't listen to correction. Proverbs 13:1 (NCV)



Believing On Our Master

January 2007



Upcoming Meetings

January

- Movie night. Join us on the 3rd for movie night beginning at 5:15 PM. This would be a great night to invite some friends, just let us know how many are coming so we can make sure that we have enough to eat (please be sure to bring \$3 to help cover the cost of the meal). Are you part of another youth group? Have your youth leader get a hold of us; we would love to have you join us!
- On the 10th, 17th, 24th and 31st we will gather from 5:45 to 6:45 PM.
- Confirmation is on the 7th and the 21st from 2 to 3:30 PM.

February

- Movie night. Join us on the 7th for movie night beginning at 5:15 PM. This would be a great night to invite some friends, just let us know how many are coming so we can make sure that we have enough to eat (please be sure to bring \$3 to help cover the cost of the meal). Are you part of another youth group? Have your youth leader get a hold of us; we would love to have you join us!
- On the 14th, 21st, and 28th we will gather from 5:45 to 6:45 PM.
- Confirmation is on the 4th and the 18th from 2 to 3:30 PM.

Events not scheduled yet will be announced as far in advance as possible so you can make plans to attend.

Upcoming Concerts/Events

January

- 1st New Year's Eve Lock in concludes at 7 AM.
- 7th Sunday School resumes at 11 AM.
- 8th Mission Trip Planning Meeting for Parents at 7:30 PM (in the youth room).
- 23rd Skillet in concert. Tickets are \$10 in advance, \$13 at the door. Concert starts at 7 PM with Leven.

February

- 4th Youth group serving Sunday Evening Meal at 1st Presbyterian Church, Cedar Rapids from 4 to 6 PM.
- 10th 2007 HRL Season begins.
- 21st Ash Wednesday
- 23rd-24th 30-Hour Famine
- 25th 1st Sunday in Lent

Every Monday: Youth Prayer Time, 7 PM from where ever you are.

Every Wednesday: Marion High School Bible Study
7:30 AM at Marion High School.

Every Thursday: High School Bible Study
5:30 PM at Panera Bread on the Collins Road NE.

Every Friday: Breakfast Club
7:30 AM at Prairie Middle School in Mr. Davis' room.
Times subject to change.

A conversation with God

Our heavenly Father,

We are thankful for our homes and for our loved ones. We are glad that when we call you our Father we understand thy nature more clearly because of our own relationships in our family.

Forgive us for our bickering and thoughtlessness which separate us from the joyous sense of unity which at times makes us feel so close together.

Cause to grow within us the spirit of self-sacrifice and understanding which will keep before us the needs of others in our family and in our community.

May we find in our church, as in our family, a fellowship united through our common love of Jesus and His way of living. Amen.

*Edward D. Staples
"Youth at Prayer" ©1957*

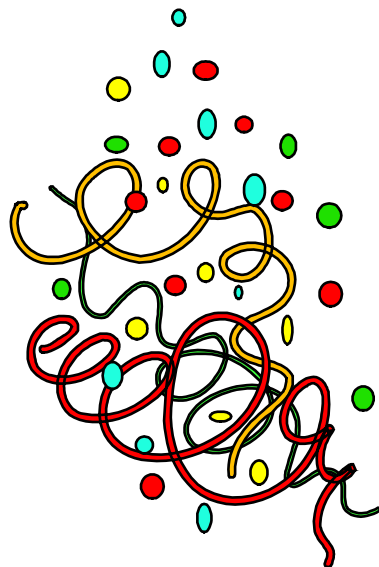
You will search for me. And when you search for me with all your heart, you will find me! Jeremiah 29:13 (NCV)

¹³ Wise children take their parents advice, but whoever makes fun of wisdom won't listen to correction. Proverbs 13:1 (NCV)



RECIPE FOR A HAPPY NEW YEAR

Take twelve whole months.
Clean them thoroughly of all bitterness, hate, and jealousy.
Make them just as fresh and clean as possible.
Now cut each month into twenty-eight, thirty,
or thirty-one different parts,
but don't make up the whole batch at once.
Prepare it one day at a time out of these ingredients.
Mix well into each day one part of faith,
one part of patience, one part of courage,
and one part of work.
Add to each day one part of hope,
faithfulness, generosity, and kindness.
Blend with one part prayer, one part meditation,
and one good deed.
Season the whole with a dash of good spirits,
a sprinkle of fun, a pinch of play,
and a cupful of good humor.
Pour all of this into a vessel of love.
Cook thoroughly over radiant joy,
garnish with a smile,
and serve with quietness, unselfishness,
and cheerfulness.
You're bound to have a happy New Year.
-- Author Unknown



























Just for KIDS

Unique Creations

It is the New Year and in many places it is cold enough to snow. God created snowflakes that are so unique that no two are alike! It is the same way with people – we are all one-of-a-kind. If God cares so much about how each snowflake is made, imagine how much God cares about you!

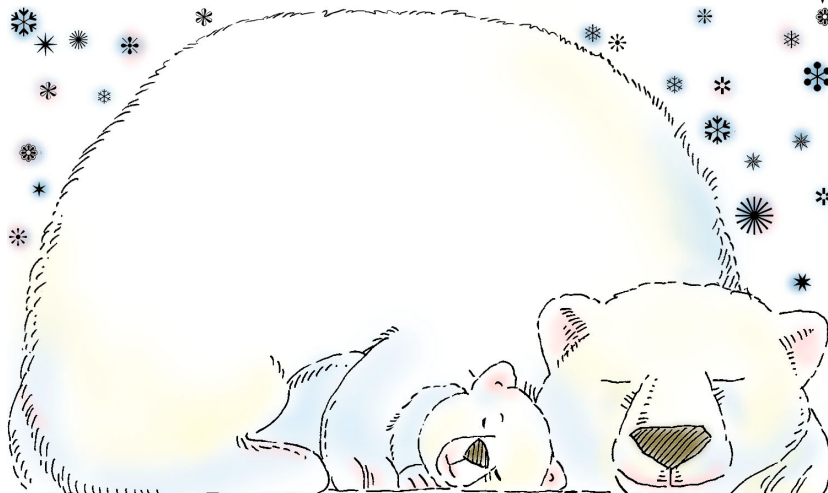
Directions: Draw lines to match the two halves of the snowflakes. Write the letters on the numbered blanks to form the words and to complete the verse.

1	 pra	 u	7	 wonder	 e
2	 yo	 fully	8	 ma	 ur
3	 be	 ise	9	 yo	 de
4	 a	 nd	10	 wo	 ful
5	 fear	 m	11	 ar	 fully
6	 a	 cause	12	 wonder	 rks

"I _____ 1 _____ 2 _____ 3 _____ I _____ 4 _____ 5 _____
 _____ 6 _____ 7 _____ 8 _____ ; _____ 9 _____ 10 _____
 _____ 11 _____ 12 _____"

Psalm 139:14, NIV

Answer: "I praise you because I am fearfully and wonderfully made; your works are wonderful...."

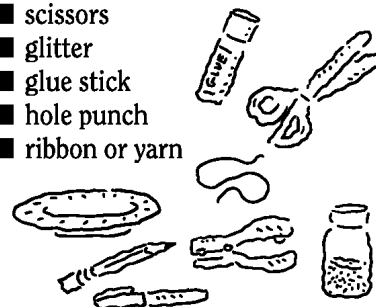


Fancy Flakes

Make a snowflake as unique and as special as you are in God's eyes.

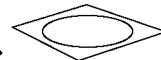
What you need:

- paper (plain white or glittery wrapping paper)
- round plate or saucer (about the size you want your snowflake)
- pencil, crayon or marker
- scissors
- glitter
- glue stick
- hole punch
- ribbon or yarn



What you need to do:

1. Draw a circle on a piece of paper by tracing around the plate or saucer.
2. Cut out the circle.
3. Fold the paper in half three times. (If the paper is thick, fold it just twice.)
4. Use your scissors to carefully cut out shapes from the folded paper.
5. Unfold your paper.
6. On one side, write some things that are special about you.
7. Decorate the other side using the glue stick and glitter.
8. When the glitter is dry, punch a hole in the snowflake.
9. Put ribbon or yarn through the hole, and tie it to make a hanger.



Tests That Can Help Save Your Life

4 Tests in Less Than 1 Hour

Stroke is America's third leading killer. It is also the #1 cause for nursing home admissions. Unfortunately, half of all stroke victims have no warning signs before a stroke occurs.

We'll be in Your Neighborhood!

Where: HUS Presbyterian Church - Cedar Rapids

When: Tuesday, January 30, 2007

Pre-registration is required. Call 1-800-324-1851

Life Line Screening is America's leading provider of quality health screenings. These tests quickly detect arterial abnormalities which can cause disrupted blood flow. Our screenings are fast, accurate, and available at an affordable rate.

We provide these non-invasive, completely painless screenings using Doppler ultrasound technology.

1 Stroke Screening/ Carotid Artery

This screens the carotid arteries in the neck for plaque buildup. The #1 cause of stroke is linked to carotid artery blockage.

2 Abdominal Aortic Aneurysm Screening

This screens for the existence of an aneurysm in the abdominal aorta. The vast majority of people who have an aneurysm have no symptoms.

Complete details on reverse side.

3 Peripheral Arterial Disease Screening

This screens for peripheral arterial disease (plaque buildup) in the lower extremities which is linked to coronary artery disease.

Also... Identify your risk for osteoporosis in just 60 seconds

 **Life Line Screening**
Protect your health. Protect your life.®

Visit Our Web Site: www.lifelinescreening.com

**"How can I thank
you for my life? I
had NO previous
symptoms to
indicate such a
problem."**

Judith Hanlon,
Wayland, MI

Tests That Can Save Your Life

1. Stroke Screening/Carotid Artery

Plaque buildup (also known as atherosclerosis) is an abnormal collection of calcium and cholesterol on the artery walls. As you can see in the image at left, plaque builds up along the walls of a diseased artery. This buildup can restrict blood flow to the brain or break off and become lodged in a blood vessel – causing a stroke.

Through ultrasound technology, Life Line Screening can visualize the inside of your carotid arteries. Early detection allows your personal physician to advise you on an appropriate course of action that could be life saving.

2. Abdominal Aortic Aneurysm (AAA) Screening

An Abdominal Aortic Aneurysm (AAA) is a “ballooning” of the wall in the abdominal aorta. Like strokes, AAAs are most often caused by atherosclerosis (plaque buildup). The majority of people with AAAs have no symptoms. If an AAA ruptures, the mortality rate is as high as 80 percent, with many not surviving long enough to reach a hospital.

More than 15,000 U.S. residents per year die of AAAs. The good news is that AAAs can be identified in minutes via a painless, non-invasive ultrasound screening.

3. Peripheral Arterial Disease (PAD) Screening

Ultrasound technology is also used to screen for Peripheral Arterial Disease (plaque buildup in the arms/legs). Eight to twelve million Americans suffer from PAD.

4. Osteoporosis Screening

Ultrasound screen for abnormal bone mass density in men and women. Osteoporosis is painless and silent in its early stages.

**Complete Wellness Package (all 4 screenings)
only \$129. Save \$41!**

You will receive your results in 21 days. Screenings in Kansas are performed by Life Line Screening of America, LLC on behalf of Life Line Screening Physicians, P.A.

Insurance Note: At the present time, Medicare does not cover the cost of these screening services. Life Line Screening does not file insurance claims.

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www.lifelinescreening.com



Illustration K Backer